



# Healthy Diet Recipe Books: Intermittent Fasting Diet and Slow Cooker Recipes

*Hyacinth Wilding, Hicks Iesha*

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Healthy Diet Recipe Books: Intermittent Fasting Diet and Slow Cooker Recipes The Healthy Diet Recipe Book covers two different diet plans, the Intermittent Fasting Diet and the Slow Cooker Recipes. These two diet plans work well together, since the intermittent fasting diet is not a permanent diet plan. You can go on the intermittent fasting diet to help cleanse the body and jumpstart weight loss. Once the weight loss is success, you can switch to the slow cooker recipes. Or you can be "intermittent" just like the diet suggests, and do the fasting diet for a couple of weeks every so often to re-jumpstart weight loss. The first section covers the Intermittent Fasting Diet with these categories: Intermittent Fasting Diet Breakfast Recipes, Intermittent Fasting Diet Dinner Recipes, and Intermittent Fasting Diet Light Snack Recipes. A sampling of the included recipes are: Breakfast Casserole, Buffalo Chicken with Slaw, Broccoli Cheese Soup, Grilled Chicken Tostadas, Savory Hash Browns, Tomato Spinach Eggs, Whole Wheat Pancakes with Apples, Edamame and Grilled Salmon, Italian Chicken, Shepherd's Pie, Vegetable Pot Pie, Baked Potatoes Twice, Greens with Baked Beans, Nutty Cucumber Mango Rice Salad, Orange Stir Fry Vegetables, Quinoa with Herbs, Spinach Salad with Pomegranate Dressing, Oriental Turkey Burgers, Mexican Style Eggs Huevos Rancheros, and Shrimp Scampi. The second section covers the Slow Cooker Cookbook with a lot of good information about cooking with a slow cooker. Here is a sampling of the recipes in this section: Cranberry Oatmeal, Breakfast Cheese Strata with Vegetables, Quick Chocolate Nut Clusters, Chocolate Mocha Bread Pudding, Chunky Chicken Stew, Turkey Stew, Mexican Tortilla Soup, Mexican Chicken Fajita Casserole, Black Bean Chili, Shredded Turkey Sandwiches, Jamaica Chicken, Spicy Black-Eyed Peas, Chicken and Dumplings, Spaghetti, Chicken Stroganoff, French Dip Au Jus, and Vegetarian Chili.

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